



The Z6er



October 19th 2012

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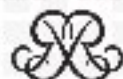
**ABH3 ALEX
MARTIN
HANGS TEN***

PAGE 5

**DECK DEPARTMENT
MAKING A
DIFFERENCE**

PLUS+

RONALD REAGAN



*Learning About
our Ship's
Namesake*

PAGE 12



**DOMESTIC
VIOLENCE
AWARENESS
MONTH**

Team REAGAN,
Greetings and salutations! Another two weeks have passed, and I am proud to say that we have been receiving significant positive feedback about the last few issues of the 76er.

It also seems that we were incorrect about the number of aircraft carriers it would take to reach the moon. This makes us excited for three reasons:

- 1) Sailors made it to page 19 of the magazine!
- 2) Someone else did the math and you can find their answer on page 19 of this issue.
- 3) Our teammates are actually taking time to think about what we have to say.

I'd like to take a second to focus on that last bullet because its importance cannot be overstated. The stories we are focusing upon and the ideas we are communicating come from YOU.

It is YOUR input that led us to Carl Cringle and Kimberlee Hazle and this issue's cover story, Alex Martin. It is YOUR input that drove us to highlight teammates who push themselves to new physical and professional limits. It is YOUR input that motivated us to tell the stories of shipmates who place the welfare of their team before their own.

The words printed across these pages tell the stories of WARRIORS who live and work around you every day. They paint a picture of each Sailor as a 'whole person' and describe how each individual uses their personal passion to overcome stress in the workplace. These 'pictures' illustrate examples of how we can each make our team just a little bit better.

With that, fellow warriors, I leave you with a short excerpt from Native American Shawnee Chief, Tecumseh.

V/R,
YOUR Media Department

"So live your life that the fear of death can never enter your heart. Trouble no one about their religion; respect others in their view, and demand that they respect yours . . . **Seek to make your life long and its purpose in the service of your people.** Show respect to all and grovel to none. When you arise in the morning, give thanks for the food and for the joy of living. If you see no reason for giving thanks, the fault lies only in yourself. Abuse no one and no thing, for abuse turns the wise ones to fools and robs the spirit of its vision. **When it comes your time to die, be not like those whose hearts are filled with the fear of death, so that when their time comes they weep and pray for a little more time to live their lives over again in a different way.** Sing your death song and die like a hero



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To share your story ideas,
please email
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ATTENTION: Inside this magazine is a chance to **win \$25** for anything MWR has to offer! The first person to find the  logo within our magazine and report down to the media shop on the ship wins the prize! Better hurry, only **one person can win per issue!**

LAST ISSUE'S WINNER ON PAGE 17

FEATURES



YOU HAVE A **VOICE** DON'T REMAIN ~~SILENT~~

Story From Navy Installations Command Public Affairs

The Navy is observing Domestic Violence Awareness Month in October as an opportunity to inform Sailors and Navy spouses about domestic violence prevention efforts as well as reporting options for victims.

Domestic violence cuts across all age groups and social classes. It happens to Sailors as well as spouses; to men as well as women. Domestic violence goes beyond physical abuse. It includes emotional abuse such as threats, isolation, extreme jealousy and humiliation. It also includes sexual abuse.

Whenever an adult is placed in physical danger or

controlled by threat or use of physical force by their spouse or intimate partner, she or he has been abused. The risk for abuse is greatest when victims are separated from supportive networks.

"Our goal is to prevent domestic violence by encouraging people to examine their own behavior and take steps to learn and practice more healthy behaviors," said Kathy Turner, of the Fleet and Family Support Program's Counseling Advocacy and Prevention Program.

Much is misunderstood about what happens when a Sailor or spouse seeks help for their relationship before

domestic violence occurs. All couples have arguments. Making an appointment for couple's counseling does not automatically result in the creation of a Family Advocacy Program, or FAP, case. Nor does family or couple's counseling harm one's career or security clearance. The Defense Department changed the question on its long-standing security clearance form referencing an applicant's mental health history.

As of 2008, Standard Form 86, the Questionnaire for National Security Positions no longer asks for mental health treatment details if the care involved only marital, family, or grief counseling, not related to violence by the applicant, unless the treatment was court-ordered. Another myth is that counseling is only sought by people who have been arrested or are filing for divorce. Through counseling, however, adults can learn to

These are also free and available to both active duty military and spouses.

"These services are available because the Navy believes so strongly in the importance of the prevention of abusive behavior," Turner said. Turner has a simple message to those who are considering asking for help: don't wait.

"Sailors who succeed with their careers and their families have the strength to ask for help before a problem gets out of hand," Turner said. "The Navy knows this, which is why they provide places to get help." Help is also available for victims of domestic abuse. There are two types of reporting options, restricted and unrestricted. Restricted reports do not involve military chain of command or law enforcement. Unrestricted reports will include some type of investigation by command and

Cycle of Violence



Healthy Relationship



treat their partners with compassion and respect and avoid manipulation and criticism, even during arguments.

Professional services of licensed counselors are available free of charge at Fleet and Family Support Centers. These are available to active duty and their family members—even Sailors who are unmarried can have couple's counseling with their partners. A variety of courses that teach healthy relationship skills are also available at Fleet and Family Support Centers. These include anger management and conflict resolution.

or law enforcement. Both options make available to victims the full range of advocacy, medical and counseling services.

Speak with a counselor of victim advocate at a local Fleet and Family Support Center or a healthcare provider at a military treatment facility about restricted and unrestricted reporting options for domestic violence. If you think you may be a victim of domestic violence, contact the National Domestic Violence Hotline at 1-800-799-SAFE or visit your installation Fleet and Family Support Center for information on available resources.

If you need to report any case of **domestic violence or child abuse** contact your Command Family Advocacy Program Coordinators, FCCS Jenkins or OSC Casteen, on the ship or by phone at 1-800-339-8257.

ABH³ ALEX
MARTIN
is the

Wave Runner

Story and Photography
MC3 Kevin Hastings



TO THE SURF

Story by MC3 Kevin Hastings

The life of a Sailor is notorious for being transient. They're never in one place for too long and many times they're just barely getting familiar with a location when it's time to transfer again.

The constant change of military life accompanied by the stressors of work, family and finances can seem overwhelming, and it can take a mental and physical toll on a Sailor. Having an outlet to escape life's pressures, even if only for a short period of time, is incredibly important.

Our individuality and personal passions often serve as that escape and become the balance between what we can control and what we can't. More importantly, personal passions help define who we are, how we behave and how we'll react.

Nowhere is this more important than on the flight deck of an aircraft carrier. Keeping a clear mind and being able to react quickly could mean the difference between a mishap and an easy day.

For Aviation Boatswain's Mate (Handling) 3rd Class Alex Martin, from Fort Lauderdale, Fla., a surfboard and the rhythm of the ocean are the only tools he needs to maintain his focus and his edge.

"The first time I ever picked up a surfboard was 10 or 11 years ago," said Martin. "I stayed with it because it's a way of life for me—I love it."

"Before I joined the Navy, I didn't take advantage of the opportunities I had, and life was tough," said Martin. "But I could always go out into the ocean and ride some waves; it became like a form of meditation."



Photo provided by Alex Martin

Working on the flight deck of an aircraft carrier is a dangerous and hectic experience. It is a place where camaraderie, teamwork and a clear, focused mind can save lives.

"Up there [on the flight deck], we work long hours on a floating runway, moving jets and chalking them down—it's one of the most chaotic places to be in the world," said Martin. "When we get new guys, they get stressed-out in this kind of environment. There are a million different things going on all at the same time, but we're ready to get them trained on how to do the job safely. We look out for each other."

Martin's team is part of a constant cycle in the Navy—train to be part of the best naval fighting force in the world during the day and find a way to relieve the stress once the day is done.

Fortunately, this dry dock period has given his team a unique opportunity to continue strengthening its sense of esprit de corps off the ship as well.

"It's really sweet that we have the time to go to different surf spots out here with my buddies and enjoy each other's company," said Martin. "We barbecue, chill out, and I've even been able to teach some of the guys my passion in life."

Sharing personal experiences and teaching peers new ways to channel stress is a strong and positive way to influence how the team functions on the job.

"Martin is a proactive guy who makes a good mentor for his peers and the people under him," said Machinist's Mate 2nd Class Frank Chavez, from Los Angeles. "He takes a lot of pride in what he does."

Mentorship can take on different forms and can start with something as simple as the proper way to paddle out into the ocean or how to avoid crushing rogue waves. The key, though, is that it also leads to training someone how to safely move a multi-million dollar jet.

"There's a lot of things happening on the flight deck; attention to detail is an important aspect that everyone needs to have up there," said Martin. "When I train someone, I'm not just going to sign off their PQS. They're joining my team, and I need to know that they'll watch my back and each others'."

Every Sailor learns many skills during his or her time in service. One of the most important skill sets we learn, though, is how to form a team and safely lead it to mission accomplishment.

"I surf every chance I get because I know it helps me focus when I'm on duty," said Martin. "If you make one false step or just don't pay attention for a second, it may cost someone's life."

"Sometimes people underestimate Martin without really knowing him," said Chavez. "Martin always has good intentions; when he's at work you can see the drive he has. You can also see it when he's out on the water."

The Navy holds its Sailors to a high level of physical fitness, but we shouldn't lose sight of the fact that mental fitness is just as important a component to combat readiness. Maintaining focus and level headedness is essential to our warfighting ethos and finding positive outlets to decompress allows us to achieve the requisite mental clarity we need to fight on. Surfing gives Martin that clarity and the ability to channel the chaos into serenity . . . all the while knowing the exhilaration of dropping into a wave.

"I always try to surf a wave every day," said Martin, "even if it's just in my head."



Photos provided by Alex Martin

"I can always go out into the ocean and ride some waves; it became like a form of meditation."





THE BUSINESS OF CONTROLLING CASUALTIES

By Mass Communication Specialist Seaman Kristina Walton

Since entering Docked-Planned Incremental Availability earlier this year, hundreds of Sailors have reported on board USS Ronald Reagan (CVN 76). For many of them, this is their very first command.

Ronald Reagan’s Damage Control Training Team (DCTT) has made it a priority to train these new Sailors in Damage Control (DC), as many of them have never been out to sea and may not understand the importance of the entire crew being battle ready— yes, even in dry dock.

“A lot of new Sailors haven’t experienced what it’s like being underway,” said Chief Damage Controlman David Shaft, Ronald Reagan’s DCTT Coordinator. “They need to realize that knowing at least the basics of damage control is truly an all hands effort. Everyone needs to know at least basic firefighting. We can’t rely solely on our Subject Matter Experts (SME) to respond to every casualty that comes up. Worst case scenario, if something

happens to our SMEs, other members of the crew need to be able to step up.”

According to Shaft, people shouldn’t stop at their basic DC qualifications. He said they should take it a step further and take advanced DC classes as well as take the drills seriously. He emphasized that it is especially important for the entire crew to maintain this type of battle readiness because we are our only defense out at sea, and we won’t have the luxury of relying on a base fire department to help in case of an actual casualty.

Fire Controlman 2nd Class Kristopher Gillum said he agrees that it is important for the entire crew to be trained in DC.

“Everyone needs to be able to protect the ship in case of flooding or fires,” said Gillum. “We are what keeps our ship from sinking. We also need to be trained in first aid response to take care of our shipmates.”

According to Shaft, four different types of training are being

conducted on board to prepare the crew to properly respond to emergencies. Shaft describes the training as a “crawl, walk, run type of thing.”

The first type—the “crawling stage”—is formal training in the classroom, which is conducted via the basic DC classes. This gives personnel the basic knowledge they need to apply later on. During this stage, personnel are expected to gain a basic understanding of what is included in DC, what it means for the ship, and where to find different repair lockers.

The second type—the “walking stage”—is the Inport Emergency Team (IET) drill, which are conducted every day with duty sections and allow personnel to walk through drill procedures. This means that personnel who haven’t done drills in a long time can brush up on how to respond, and new Sailors can apply the knowledge they’ve learned in class. By this stage, Sailors are responsible for learning their role in their repair lockers.

“Right now we are also conducting hose training on the pier for members of the duty section who aren’t in repair lockers,” said Shaft. “This gives them a chance to work with a hose that is actually charged. They get to shoot water out of it and have an idea how it feels to use it.”

Shaft explains that this method allows personnel who aren’t officially assigned to repair lockers to benefit from some form of hands-on training and prepare themselves as responders.

The third type of training is Flying Squad drills which are used to train the Flying Squad to respond to casualties underway. Drills are considered the “running stage” of training because personnel are expected to respond to casualties on their own and already know their role on their team or in their repair locker.

General Quarters (GQ), an all hands drill conducted once a month, is also included in the “running stage” of training. According to Shaft, GQ drills will soon be happening twice a month. During GQ, Sailors who aren’t in repair lockers are expected to know where they muster for accountability. By this time in their training, Sailors who have been assigned to repair lockers should already have a basic understanding of their role in their repair locker. However, members of the DCTT are at every drill to supervise and correct people if a procedure is being done incorrectly.

“Everyone needs to be able to protect the ship in case of flooding or fires,” said Gillum. “We are what keeps our ship from sinking.”

“When we first started drills, GQ was the toughest for the crew to get down,” said Shaft. “Not only did we have a ton of new Sailors, but the people who had been here for a while needed to brush up on training. It’s a ‘if you don’t use it, you lose it’ type of thing.”

Gillum agrees that it is important for the crew to stay up-to-date with their training.

“Things are constantly changing, and we are always finding ways to improve upon procedure,” said Gillum. “The constant drills and training help keep those procedures fresh in the back of your mind.”

Shaft explained that generally when a ship goes into a period of availability, drills get put on the back burner in order to focus on the work being done on the ship.

He added that since drills began, he has noticed significant improvement in the crew’s response to casualties both with regard to time and proficiency in combating them.

“I think one of the most important things that people need to remember is to take their training seriously,” said Shaft. “A lot of times people think ‘oh, this is just a drill,’ but they should be treating these drills like a real casualty. Eventually a real casualty is going to happen so they need to be prepared to handle it.”

Frequent, consistent training is a way of keeping the crew in a constant state of battle readiness. Sailors shouldn’t forget that being battle ready doesn’t just mean defending the ship against enemy fire, it means defending our team against human error and technical failure, and knowing how to respond if a shipmate is injured.

At the end of the day, our ethos drives us to be the best that we can possibly be—as warriors, as mariners, and as damage control responders. Let’s help Chief Shaft and the DCTT team do that—for ourselves and for our teammates.

“Knowing at least the basics of damage control is truly an all hands effort.”



DECK DEPARTMENT COMES TOGETHER TO MAKE A DIFFERENCE

Twenty Sailors from USS Ronald Reagan's Deck Department volunteered time recently to help the local community.

Working alongside park staff and civilians, they assisted in cleaning up Evergreen and Illahma parks, while also restoring monuments donated to the parks by the city of Bremerton.

Arguably one of the hardest working departments on the ship, Deck Department used its experience to emphasize the importance of building camaraderie with those you work around.

"I think it was cool to do something with my shipmates that didn't involve work on the ship," said Boatswain's Mate Seaman Brittany Sapp. "I'm a firm believer that interacting with your colleagues outside of work helps to build a stronger operational focus."



getting to
know
RONALD
REAGAN



RONALD REAGAN: A MAN OF TENACITY
STORY BY MC3 SHAWN STEWART



[THE ELECTION YEARS]

As we lie in the midst of an election season, it seems only proper to look back a few decades at when our ship's namesake earned the Republican Party's nomination and went on to become the 40th President of the United States.

What many of you might not realize is that 1980 wasn't the first time Ronald Reagan ran for president—or even the second. His first shot at political prominence actually came by accident.

In 1964, while speaking in support of then-presidential candidate, Barry Goldwater, his poise and presence sparked interest from the Republican Party. Though he wasn't interested at the time, his supporters eventually convinced him to run for office and in 1966 he was inaugurated as the governor of California.

Reagan first ran for the presidential nomination in 1968, but was never really a contender. He placed third overall losing to Richard Nixon and John Rockefeller. He ran again for presidential nomination in 1976, narrowly losing to Gerald Ford and Jimmy Carter. Reagan, however, did make a distinct statement by receiving a single electoral vote from the state of Washington—one delegate who pledged to vote for Ford initially changed his mind and cast his vote for Reagan instead.

During eight highly successful years as governor, his credibility and popularity skyrocketed and after gaining the Republican nomination in 1980, he went on to defeat President Jimmy Carter winning a landslide 489 of 538 electoral votes. Although many critics have credited the win to his popularity in film, Reagan related it to trustworthiness.

"Some of my critics over the years have said that I became president because I was an actor who knew how to give a good speech. I suppose that's not too far wrong. Because an actor knows two important things—to be honest in what he's doing and to be in touch with the audience. That's not bad advice for a politician either. My actor's instincts simply told me to speak the truth as I saw it and felt it," President Reagan said.

Now, 32 years later, as you sit on the deck of the mighty warship named in his honor, the principles and tenets under which his presidency thrived still live on. Peace through Strength—our ship's motto, symbolizes the power of our Navy to serve in a 100% on watch role around the globe. The perseverance that Ronald Reagan displayed during his triumphs and failures represents the warfighting spirit that lives on within each Sailor aboard.

WARRIOR ETHOS

PEACE THROUGH STRENGTH
CVN 76

“There are no great men.
Just great challenges
which ordinary men,
out of necessity, are
forced by circumstances
to meet.”

FLEET ADMIRAL WILLIAM F. HALSEY JR.
COMMANDER, U.S. THIRD FLEET, 1944-1945

USS RONALD REAGAN
SAILORS HELPING SAILORS. ONE TEAM. ONE FIGHT.

REAGAN IN THE COMMUNITY

USS RONALD REAGAN
CVN 76
PEACE THROUGH STRENGTH

The Navy's newest Coalition of Sailors Against Destructive Decisions (CSADD) chapter has taken off and is geared toward junior Sailors that are either E-5 and below or under the age of 25. The CSADD mission is to encourage shipmates to make better decisions, assisting them in both their personal and professional lives.

There are a lot of Sailors on board that have never heard of the CSADD program. I was first exposed to the organization earlier this year, and once I discovered what it was all about, I HAD to be a part of it. Since we established the chapter on board REAGAN, it has become my passion. The program officers and I are committed to the success the CSADD program and to making our fighting team better.

We'll be addressing one topic a month in order to provide awareness around the command. We know how tedious it can be to sit through yet another PowerPoint or lecture, so our goal is to make the presentations enjoyable as well as informative. We are committed to doing the "right" thing, and making it attractive and we're going to leave a lasting impression on REAGAN Sailors. We vote as a team when it comes to event planning and presentation methods. We ask ourselves, "Is this something I would participate in?" If the answer is no, it ends there.

"Alcohol Use and Responsible Drinking" was the topic for the month of September. We decided to "REAGANIZE" the "THAT GUY"-themed posters. We believe that we could bring a more relevant message by using some of our own Sailors. If you witnessed the (mock) fight in the Hangar bay between two Sailors on October 10th, you were indirectly affected by CSADD. "Domestic Violence" was the topic for the month and we wanted to get the message across by thinking outside the box.

Although, the REAGAN chapter of CSADD is slowly getting its feet off the ground, the committee is dedicated to making our chapter a success and lowering the number of alcohol-related and discipline issues throughout our command.

At the time of this writing (October 19th) we are at 27 straight DUI-free days. Our efforts have been recognized by the chain of command and if we hit 30 days we will be receiving a half day off on October 26.

Our goal is to gain participation from all REAGAN Sailors, regardless of rank and help each other make better decisions. It starts by looking out for each other.

For more information and to get involved, contact any of the current CSADD members.

Very Respectfully,
LN2 Decora Davis

COALITION OF
SAILORS
AGAINST
DESTRUCTIVE
DECISIONS



TOP SHOTS



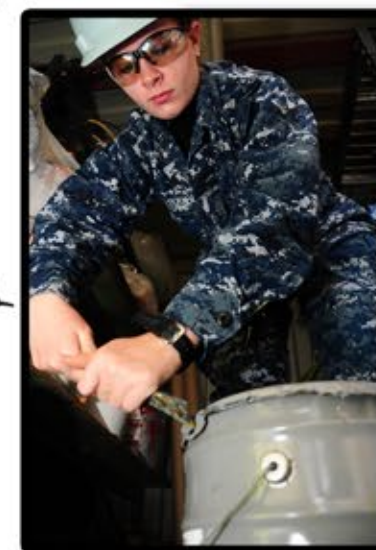
Airman Michelle Seabaugh, from Hampton, Va., opens a bucket of primer on the flight deck of the aircraft carrier USS Ronald Reagan (CVN 76).
Photo By: MC3 Black



Lt. Youngseok Seo, from Carlsbad, Calif., and Hospital Corpsman 3rd Class Jarred Propps, from Oklahoma City, provide dental care to a Sailor in a dental clinic on board barge (APL 62).
Photo By: MCSN Fredrick



Culinary Specialist Seaman Katie Hernon, from Littleton, Colo. (right), and Culinary Specialist Seaman Jennifer Quiones, from Hillside, N.J., pass food during a working party on board barge (APL-62).
Photo By: MC3 Groesch



Seaman Breana J. Keller, from Dallas, paints a cleat while performing ship preservation on board the aircraft carrier USS Ronald Reagan (CVN 76).
Photo By: MC3 Ponder



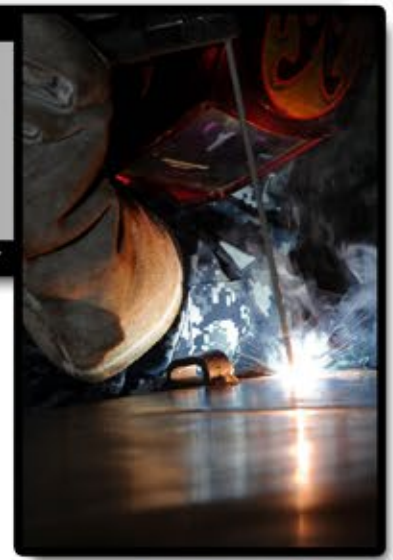
Aviation Boatswain's Mate 2nd Class Erin Herring (left), from Palmdale, Calif., and Aviation Boatswain's Mate 3rd Class Otha Browning, from Ocala, Fla., measure the height of the Visual Landing Aid, on board the aircraft carrier USS Ronald Reagan (CVN 76).
Photo By: MCSN NICKELL



Seaman Apprentice Arthur Barnes, of Tuscan, Ariz., assembles an underway replenishment hose on board the aircraft carrier USS Ronald Reagan (CVN 76).
Photo By: MCSN Walton



Hull Maintenance Technician Fireman Aaron Kunst, from St. Paul, Minn., welds a metal plate in the welding shop on board the aircraft carrier USS Ronald Reagan (CVN 76).
Photo By: MC3 Vargas



Culinary Specialist 2nd Class Edgar Estrella, from the Philippines, decorates a cake for the 237th Navy Birthday, in the galley on board the barge (APL 62).
Photo By: MCSN Gaddis



Boatswain's Mate Seaman Tyree Jones, from Compton, Calif., resurfaces a weather deck with non-skid material onboard the aircraft carrier USS Ronald Reagan (CVN 76).
Photo By: MCSN Kahn

Latest News:

Committee Canidates have been chosen.

President	ABE1 Harold Gilbert
Vice President	LN2 Chris Petrill
Assistant VP	MCSN Travis Nickell
Secretary	SN Alexandria Jackson

More News:

As of Oct. 15 MWR ticket sales will be at the ships ticket booth 2-89-1-Q

Last Issue’s Winner:

EMFN Eric Flaker
Visit Media to claim your Prize



Answer from October 5th Issue circled in red

Century Link Stadium Tickets

\$55 & \$99

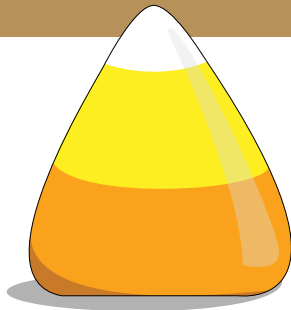
Emily Randall

FUN BOSS

E N D O F O C T O B E R E V E N T S		
27.	Vancouver, Canada	\$35
30.	Georgetown Morgue Haunted House	\$20
31.	Trick or Treat	FREE

Can you guess how many Candy Corn there are?

Located at the ship’s ticket booth there is a jar of Candy Corn. Guess to see how many there are. Last day to sign up is on Halloween. Prizes will be awarded.



Holiday Tickets:

Holiday tickets will be on sale starting October 22.

USS Ronald Reagan Holiday Party

December 13th, 2012

5:00pm-10:30pm

Westin Seattle

1900 Fifth Avenue, Seattle, WA

E4 & Below	\$20
E5 & E6	\$25
E7- E9 & O1-O3	\$35
O4 & Above	\$40

*Semi-formal dress required

Admit One

\$7

Movie Tickets
Regal and AMC

\$7

Josh Hockett

FIT BOSS

O C T . & N O V . R U N S		
OCT 27. Metropark Black Cat 5 Mile Night Run \$25		
27.	Magnuson Series 5k, 10k, 15k, Team10k	\$14,\$19,\$24
28.	Team Run Scared 5k	\$30
28.	Spooky Run 12k	\$20
NOV 4. Anything’s Possible 5k		\$40
11.	NW Trail Runs 5 and 10k Trail Run	\$20,\$30

Ripped Runners

Going on Now through Dec. 16th
A 12 week running/fitness initiative for all command Sailors to partake in by competing in and training for state wide 5k, 10k, 15k runs, mud runs and half marathons throughout Tacoma, Seattle, Shoreline and other cities across WA state.

Races that have at least 6 Sailors looking to compete in the same event can enter as a team at discounted prices. Carpooling in MWR Vans can be organized for groups of at least 6.

Fitness Recipe

Quick Cake Egg Bake

*	2/3 cup whole wheat complete pancake mix
*	1 cup plain unsweet almond milk
*	2 whole omega 3 eggs
*	1 scoop vanilla whey protein
*	1 tsp vanilla extract
*	2 packs sweetener
*	1 tsp cinnamon

Throw all ingredients in a blender and whip on high for 30 seconds. Pour into a microwave safe dish or bowl and nuke for 4 minutes on high. Then let it sit out for 3-4 minutes uncovered. Top with Smuckers sugar free syrup and enjoy!

Food Tips

- **Presliced packaged fruit**
Slicing ahead of time exposes more surface area, raising the risk for nutrient loss from oxygen exposure. And the packages are more expensive than whole fruit.
- **Iceberg Lettuce**
One of the most popular vegetables is one of the least nutrient-dense. In general, the darker the leafy green, the bigger the nutrient gain.
- **Bottled Smoothies**
Many are sweetened with sugar or nutrionally poor juices like apple or pear. Plus they almost always cost more than making your own.

Pre Post and Recovery Tips

PRE Consuming a small snack of protein and complex carbs 60-75 minutes pre-exercise can enhance performance and accelerate recovery.

- *protein bar (luna, lara, cliff, power bar plus)
- *fat free greek yogurt and low fat granola bar
- *whole grain dry cereal and skim milk
- *whole grain bread and lean turkey sandwich with low fat cheese and light mayo
- *egg whites and a cup of old fashion oats

POST Consuming a post workout recovery drink/meal can halt muscle damage and breakdown as well as initiate muscle recovery. It also helps boost metabolism and strengthen the immune system for future workouts.

- *whey isolate shake and half a gatorade drink mixed
- *subway turkey breast or chicken breast sub on white or wheat with any veggies (light mayo or no mayo)
- *fat free greek yogurt with kids cereal mixed in
- *low fat chocolate milk

Recovery is often left out or neglected in peoples fitness training which leads to less then optimal gains in outcomes. Try these simple tasks to bolster your program.

- *Sleep 7 hours minimum, try and set a regular sleep and wake time to increase the sleep you do get as well. Most muscle recovery happens when sleeping in deep REM sleep.
- *Foam rolling can be very helpful to decrease soreness, increase flexibility and workout tight, tense muscles. Its also a super effective and easy warm up tactic.
- *Corrective movement and exercises can be added into your workouts to assure proper posture, alignment and coordination is taking place in your daily movements which prevents injury big time!
- *Warm up and cool down correctly and effectively before and after all workouts to be sure your body and mind is 100% ready for its hardest workouts.
- *Alternative exercise counter to hard lifting and running can help balance the body out and improvement performance. Yoga is a prime example for any athlete.

FUN, FACTS & FIGURES

Aviation Maintenance Administrationman 3rd Class Patrick Shannon,

Atlanta, Ga. – “I’ve been scuba diving 150ft under water in Cancun Mexico when I was 22 years old.”

Airman Brandon Stuckey,

Dallas Texas – “Before I die I want to pour a bottle of Hawaiian Punch out of a plane and sky dive to try and drink it midair.”

OUR BAD!

After further calculations we realized that it would take at least 32, but certainly not more than 50 USS Ronald Reagan’s to reach the moon. Thanks for keeping us on point!



Airman Benjamin Oquendo

from New Hamster – “What’s my favorite way to scare children on Halloween? HA! I don’t scare kids, but I have scared a couple of old people literally out of their wheelchairs.”

Hull Maintenance Technician 3rd Class Ashley Mendoza

from Sacramento, Calif. – “Most candy I ever ate? You sure you’re ready for this? One time I ate 3 bags of cotton candy, 2 sticks of rock candy, a candy apple, chocolate covered bacon, deep fried oreos, twinkies and a funnel cake.”

Religious Program Specialist 3rd Class Jared Harris

from Dallas, Texas – “Who would win out of a fight between The Hulk and Wolverine? Seriously? The Hulk! Wolverine is just a guy that can heal really fast with long finger nails.”

Hospital Corpsman 1st Class Edward Dikitanan

from San Diego, Ca. – “My celebrity look alike? I would have to say Manny Pacquiao after retirement and a couple dozen racks of ribs.”

This Halloween
Drink responsibly
Have a plan
Stick to it



For help contact
OSC Bilbrey or ABH1 Missouri
Command DAPA
at J-Dial: 6009

Photo illustration by Collisiongaurd.com

DO YOU KNOW?

IN ENGLAND THE SPEAKER OF THE HOUSE IS NOT ALLOWED TO SPEAK.

FOR EACH HOUR OF T.V. YOU WATCH YOUR LIFESPAN IS SHORTENED BY ONE HOUR.

THERE IS ENOUGH SALT IN THE OCEAN TO BUILD A WALL ONE MILE WIDE AND 180 MILES HIGH ALL THE WAY AROUND THE EARTH

Aviation Boatswain's Mate 1st Class Nathan McIntosh

Kansas City, Mo.

"To be the elite sea power, protect the assets of the United States and her allies, is our ultimate mission. We are a Global Force for Good, always on watch at every corner of the world, and ready to help or fight."



USS RONALD REAGAN

